

## Worksheet for Crediting Purchased Grains/Breads in the After-School Snack Program

Name of Product: \_\_\_\_\_ Manufacturer: \_\_\_\_\_

### 1. Verify product is made from whole-grain or enriched flour or meal, bran or germ.

To be creditable as a grain/bread, the product must contain whole-grain or enriched flour or meal, bran or germ. This product contains (*Check All That Apply*):

- ☐ Enriched or whole-grain flour or meal (**specify type**): \_\_\_\_\_
- ☐ Bran    ☐ Germ    ☐ Cornmeal    ☐ Oats    ☐ Other (**specify**): \_\_\_\_\_

### 2. Manufacturer's Serving Size Information

(Located under "Nutrition Facts" label on product box. Use a calculator for all calculations.)

- A. Serving Size (Number of Pieces): \_\_\_\_\_ B. Weight in grams (g): \_\_\_\_\_
- C. Weight (B) ÷ Number of pieces (A) = \_\_\_\_\_ Weight in grams (g) per piece

### 3. Determining After-School Snack Program Serving Size Information

- A. Determine where the grain/bread product belongs in "*Serving Sizes for Grains/Breads in the After-School Snack Program*" by reviewing the list of foods. Indicate the appropriate weight for each serving.

In "*Serving Sizes for Grains/Breads in the After-School Snack Program*," the product is found in Group: \_\_\_\_\_

Ages 3-5:  
½ serving = \_\_\_\_\_ grams

Ages 6-18:  
1 serving = \_\_\_\_\_ grams

- B. Divide the required weight of the grain/bread serving (see Step 3A above) by the weight per piece as determined in Step 2C.

	Ages 3-5	Ages 6-18
1. Required weight of serving (from Step 3A above):	_____ grams	_____ grams
2. Weight per piece (from Step 2C):	_____ grams	_____ grams
3. Number of pieces per serving*: #3B1 (required weight) divided by #3B2 (weight per piece)	_____ pieces	_____ pieces

- C. \*Round up this number to the nearest whole number and indicate in D below. *This is the number of pieces that must be served to meet requirements.*

	Ages 3-5	Ages 6-18
D. After-School Snack Program Serving Size:	_____ pieces	_____ pieces

**Note:** *Dessert-type items (e.g., cookies, cake) may not be served at snack more than two times per week.*